



Welcome to the Sixth running of the Golden Ears Half, and 10K. We are very excited to host this event again as the course is so unique and beautiful. The Half Marathon and 10k will both cross over and back the Fraser River on the Golden Ears Bridge. Those doing the Half Marathon will also benefit from great trails and views along the north side of the Fraser River.

The race starts and finishes at the new South Bonson Community Center in Osprey Village located at 10932 Barnston Road.

All finishers of the Half Marathon and 10K will receive medals. Shirts will be available at package pick-up and start/finish area for those that are interested in purchasing a souvenir shirt.

## Register

### By Mail:

Peninsula Runners Langley  
#1-20349 88<sup>th</sup> Ave.  
Langley, B.C. V1M 2K5

### By Fax:

604-888-0883

**Online:** till **March 15th** at  
www.peninsularunners.com

### In Person (by March 15th):

Peninsula Runners Langley  
Peninsula Runners White Rock  
Peninsula Runners Abbotsford

### Late (March 16th – March 19th):

At Langley location only. **NO DAY OF RACE ENTRY!**

### Package Pick-Up

At Peninsula Runners Langley  
Friday March 18th 12 till 6  
Saturday March 19th 10 till 6  
At Race Start Area  
Race day 7:30 - 8:30

## Awards

After the race we will have refreshments and award prizes in the gym. The awards ceremony starts at 10:45. Prizes for age groups winners in the following categories for the Half Marathon and 10K: U19, 20-39, 40-49, 50-59, 60-69, & 70+

## Please Print Clearly

Last Name \_\_\_\_\_  
First Name \_\_\_\_\_ M/F \_\_\_\_  
Birthdate \_\_\_\_\_  
Age on Race Day \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Prov. \_\_\_\_\_  
Phone # \_\_\_\_\_  
Email \_\_\_\_\_

### ½ Entry Fees

Early Bird by Jan 31<sup>st</sup> \$40 \_\_\_\_\_  
Feb 1<sup>st</sup> – Feb 29th \$45 \_\_\_\_\_  
March 1<sup>st</sup> and after \$50 \_\_\_\_\_

Non BC Athletics Members

Add \$3 \_\_\_\_\_

Total: \_\_\_\_\_

### 10 km Entry Fees

Early Bird by Jan 31<sup>st</sup> \$30 \_\_\_\_\_  
Feb 1<sup>st</sup> – Feb 29th \$35 \_\_\_\_\_  
March 1<sup>st</sup> and after \$40 \_\_\_\_\_

Non BC Athletics Members

Add \$3 \_\_\_\_\_

Total: \_\_\_\_\_

Additional Donation \$ \_\_\_\_\_

Athletes Release and Waiver  
(MUST BE SIGNED)

In consideration of you permitting me to participate in this event, I hereby, for myself, executors, administrators and personal representatives, release the organizers of this event, their agents and volunteers and the event sponsors from all liability, and I waive, as against the organizers, agents, volunteers and sponsors, all claims of any kind whatsoever that I might have for personal injuries or property losses suffered by participation in this event. (parent or legal guardian must sign also if participant is under 19 years age)

Date \_\_\_\_\_